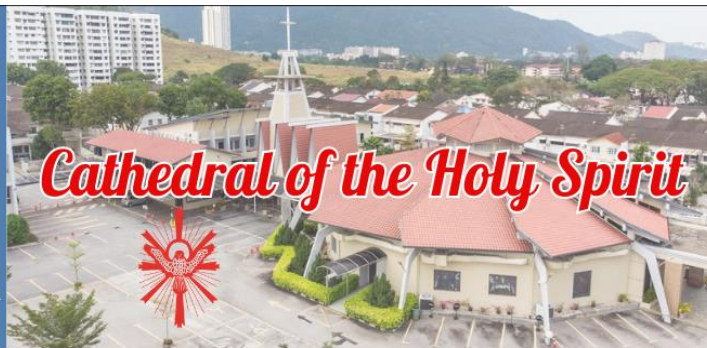


# CHS BULLETIN



1, Tingkat Besi Satu,  
Island Park, 11600 Penang

+604-6584909 | +604-6566681  
+604-6564309 (FAX)



## Cathedral of the Holy Spirit

**Parish Priest: Fr. Joachim Robert**

**Priest-in-Residence: Fr. Francis Anthony**

### Get Connected With Us

We would love to connect with you!

Please follow us on our social media platforms and email for the latest updates on our events.

admin@holyspiritcathedral.com

CHSpenang

holyspiritcathedral.com

chспенang

youtube.com/CHSPgTv

2024 THEME  
MARCH

**SALT OF THE EARTH AND LIGHT OF THE WORLD:  
*COMMUNION, PARTICIPATION AND MISSION*  
LIVING THE PASCHAL MYSTERY**

DATE	TIME	ACTIVITY	MASSES IN THE PARISH
Mar 10 (Sun) <i>2 Chr 36:14-16,19-23 Eph 2:4-10 Jn 3:14-21</i>	8.00 am 10.30 am	MASS (M) MASS (E)	4 <sup>TH</sup> SUNDAY OF LENT (YEAR B)   LAETARE SUNDAY RCIA RITE OF 2 <sup>ND</sup> SCRUTINY No Livestream Livestream
Mar 11 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream
Mar 12 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream
Mar 13 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Mar 14 (Thu)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Mar 15 (Fri)	12.00 pm 8.00 pm	WOC followed by MASS (E) WOC (ETM) followed by MASS (E)	Livestream only for 8pm Mass (Church) WOC – E (Church), T (Chapel), M (Classroom)
Mar 16 (Sat)	6.40 am 7.00 am 6.00 pm	Lauds MASS (E) MASS (E)	No Livestream Livestream
Mar 17 (Sun) <i>Jer 31:31-34 Hebr 5:7-9 Jn 12:20-33</i>	8.00 am 10.30 am	MASS (M) MASS (E)	5 <sup>TH</sup> SUNDAY OF LENT (YEAR B) RCIA RITE OF 3 <sup>RD</sup> SCRUTINY No Livestream Livestream

### PARISH ACTIVITIES

Mar 10 (Sun)	12.00 pm	RCIA (English)	St. Mark, Ground Floor, OIKOS
Mar 11 (Mon)	3.30 pm	Legion of Mary	
	8.30 pm	EMHC Recollection	St. Mark, Ground Floor, OIKOS
Mar 12 (Tue)	7.45 am	Christian Meditation	Blessed Sacrament Chapel Portico
Mar 13 (Wed)	10 – 11.30 am 8 – 10 pm	Penitential Service at CHS	Church
Mar 14 (Thu)	5.00 pm	Christian Meditation	Blessed Sacrament Chapel Portico
Mar 16 (Thu)	4.00 pm	CEC (E) Catechism	OIKOS

### PARISH NEWS

#### THANK YOU FOR YOUR GENEROSITY

Offerings of Mass Intentions, financial giving of monthly tithing, love offerings or donations to the Parish can be made through online transfers to the following designated bank account:-

Online Payment for	Donations Mass Offering Hall Booking Wake Room Booking	Tithes	Sharing Hope Project Outreach Projects
Bank	<b>Public Bank Berhad</b>	<b>RHB Bank Berhad</b>	<b>RHB Bank Berhad</b>
Account Number	<b>309 3049812</b>	<b>20708 2000 39510</b>	<b>20708 2000 39928</b>
Account Name	Cathedral of the Holy Spirit	Cathedral of the Holy Spirit	Cathedral CHS

Email Bank-in-Slip to [admin@holyspiritcathedral.com](mailto:admin@holyspiritcathedral.com)

**Our Collection on 02 & 03 March 2024: RM 9,160.85**  
**2<sup>nd</sup> Collection on 02 & 03 March 2024: RM 7,881.55**  
**Sharing Hope Donations for February 2024: RM 1,350.00**  
**Café Donations for February 2024: RM 907.39**

*"God loves a cheerful giver." – 2 Cor. 9:7*

- BADMINTON COURTS NOT AVAILABLE | 10 & 24 MARCH 2024**  
The badminton courts at the Dewan Holy Spirit will not be available for use on 10 March and 24 March 2024 due to parish events.
- NO SATURDAY DEVOTIONS | 24 FEBRUARY TO 18 MAY 2024**  
In order for us to focus on Lenten and Easter liturgical celebrations, all Saturday Devotions during Lent and Easter Seasons (24 Feb through 18 May) will be cancelled. Exception:
- OUTDOOR WAY OF THE CROSS**  
We encourage zones, ministries, families and friends to come together and go through the Outdoor Way of the Cross on the grounds of CHS during Lent. Please call the parish office to notify us of the date and time you wish to do so to avoid overlapping of groups.
- CAFÉ CLOSED | 9 - 10 MARCH 2024**  
Our Café will be closed on the weekend of 9<sup>th</sup> and 10<sup>th</sup> March 2024 due to a parish event.
- CHRISM MASS | 18 MARCH 2024**  
Chrism Mass will be held at the Church of Immaculate Conception at 8pm on Monday, 18 March 2024.
- ANNUAL COLLECTION FOR HOLY LAND | 28 MARCH 2024**  
The Annual Collection for Holy Land will be on Holy Thursday, 28 March 2024.

### 7. SHARING HOPE PROJECT

This project is to support families in need through monthly provision of essential items. You can contribute by donating the following by placing them in the basket in front of parish office. Please refer to poster for items to donate.

### 8. INFANT BAPTISM AT CHS | 24 MARCH 2024

For parents who wish to have their child baptised, infant baptism will be held in the main church on Sunday, 24 March 2024 at 12 noon. Please register at the Parish Office. There will be a pre-baptismal instruction and briefing for both parents and godparents.

### 9. PRISON MINISTRY: SPONSOR A MEAL | 16 & 17 MARCH 2024

Every year, our Catholic priests celebrate Easter Mass/service for inmates in the Penang and Jawi prisons. Along with this, we ask you, our dear parishioners, to reach out to bring God's love to those in prison by donating RM 10.00 or more to bless an inmate with an Easter lunch this year. CHS Prison Ministry members will be next to the Chapel after the 16th/17th March weekend masses to collect your generous contribution. Alternatively, please bank into:-

RHB Account No: 20708 2000 39928

Account Name: CHS Cathedral

Enquiries: Chan Lilian (016-557 1964)

### 10. PRISON MINISTRY: SOAP MOULDING | 17 MARCH 2024


Using washing detergent to clean the body? This is what inmates in the Penang and Jawi prisons are resorting to for lack of adequate supply of bath soap. We are indeed blessed to be given the permission to supply small antiseptic soaps to them. So in this season of Lent, let us reach out to those behind bars - join in our soap moulding session:

Date/Time: 17 March (Sunday) from 9.30am to 1.00pm

Venue: St Paul LOC, Multipurpose Hall, CENACLE

Enquiries: Chan Lilian (016-557 1964)

### 11. HYM: SEDER MEAL | 16 MARCH 2024

HYM IS BACK WITH OUR MONTHLY EVENTS !! But this time, we prepared something a little special. We'll be organising a Seder Meal at St Luke. The Seder is the traditional Passover meal that includes reading, drinking 4 cups of wine, telling stories, eating special food, singing and other Passover traditions. Everyone is invited. Hope to see you guys there! Seder Meal prices are listed below 

Date: 16 March 2024 (Saturday)

Time: 7.30pm – 10.30pm

Venue: St Luke, Ground Floor, OIKOS

Price: - RM15/pax (for Kids and Teens)

- RM20/pax (for Adults)

- Family of 5 or more are given discounts.

For more information, please contact :

➤ Adrian Oyog (016 495 7256) ➤ Julio Geronimo (016 433 9445)

➤ David Chan (012 452 5839) ➤ Adele Yeoh (010 385 2826)

### 12. GLOWING EMBERS: FREEDOM IN CHRIST | 19 MARCH 2024

Galatians 2:20 "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me"

Speaker: Regina Xavier

Date/Time/Venue: 19 March (Tuesday) from 9.45am to 1.00pm, St Mark, Ground Floor, OIKOS

Enquiries: please Whatsapp Ann Neoh (016-557 1964)

### 13. YOUTH MASS AND NIGHT OF PRAYER | 23 MARCH 2024

Calling all youth 📞 Just like every year, the youth will be animating the Palm Sunday Eve 6pm Mass - but there's a twist this year! We will be celebrating the life & death of Jesus by organizing a Night Of Prayer. We will be praying, singing, and most of all, adoring our Lord Jesus throughout the night. What are you waiting for? Come and join us! Call your friends, parents, brothers & sisters to come and join us in this spectacular event ♥ (see poster for details).

*P.S. We will be providing dinner for all youth attendees of the Night of Prayer 🍴 Do register yourself to secure your meal via the QR Code in the poster OR by clicking into the link below! Can't wait to see you there!*

Age: 13-39 y.o. Registration Link: <https://forms.gle/4kdc2TYUqSborXjo8>

### 14. LENT 2024

Lent season, which starts on 14 February 2024, Ash Wednesday, is a time of preparation for Easter Celebration through the three key pillars – Prayer, Fasting and Almsgiving. We seek the Lord in prayer by reading Sacred Scriptures, we practice self-control through fasting and we serve by giving alms.

#### I) Lenten Companion: Walking with Jesus to Jerusalem with Fr Mark Toups

Inviting all to a transformational Lenten season that will help you experience the radical love of Christ for his bride, the Church! Come together **each week after Sunset Mass or Sunday Morning (10:30am) mass** for a 5-10 minute weekly video presentation. This is followed by daily reflections and meditations which will be sent to you via Whatsapp to help you through Lent in preparation for Easter!

#### II) 40 days of Lenten Gospel Reflection by the Love Squad

The Love Squad are students who are preparing to receive their Sacrament of Confirmation. As part of their Lenten journey, they will be sharing their reflections from the Gospel reading. Come and be part of their Lenten journey! Reflections will be available on CHS Social Media.

#### III) Lenten Campaign by Caritas, Diocese of Penang

**Theme: "Together We Rebuild our Church, Community & Common Home"**

Caritas, Diocese of Penang, will be raising funds to carry out various social mission programmes in the Diocese, 29 Catholic churches, 13 organisations and 28 social mission groups located in Penang, Perak, Kedah, Perlis and Kelantan. All donations and prayers are welcome.

(a) **Lenten Campaign T-shirt (RM20).** Buy and wear the T-shirt to create awareness.

(b) **Donate to the Lenten Campaign.** Online transfer to "Penang Diocesan Lenten Campaign" RHB Bank Account: 2070 82 000 383 87. Lenten Campaign envelopes are available in the parish office for cash/cheque payments.

(c) **Lenten Kit 2024.** To download resources for the whole family, click:-

a. English → [https://bit.ly/LentenKit2024\\_Eng](https://bit.ly/LentenKit2024_Eng)

b. Mandarin → [https://bit.ly/LentenKit2024\\_Mandarin](https://bit.ly/LentenKit2024_Mandarin)

c. Bahasa Malaysia → [https://bit.ly/LentenKit2024\\_BM](https://bit.ly/LentenKit2024_BM)

d. Tamil → [https://bit.ly/LentenKit2024\\_Tamil](https://bit.ly/LentenKit2024_Tamil)

### 15. BLOOD DONATION & MOBILE DENTAL CHECK | 6 APRIL 2024

Date/Time/Venue: 6 April 2024 (Saturday) from 9am – 3pm, Dewan Holy Spirit

For more details, contact:- Julia Arulandu (017-343 6331) or June (017-866 2483)

One pint of blood can save up to 3 lives. We encourage all those aged between 17 to 60 years old, weighing above 45 kgs to come and donate for this meaningful cause. Please bring along your Identity Card and blood donor card (for regular donors).

**16. LENTEN PENITENTIAL SERVICE**

11 March 2024 (Mon)	Church of Risen Christ, Air Itam	10.00 am – 11.30 am 8.00 pm – 10.00 pm
12 March 2024 (Tue)	Church of the Holy Name of Jesus, Balik Pulau	10.00 am – 11.30 am 8.00 pm – 10.00 pm
<b>13 March 2024 (Wed)</b>	<b>Cathedral of the Holy Spirit, Island Park</b>	<b>10.00 am – 11.30 am 8.00 pm – 10.00 pm</b>
14 March 2024 (Thu)	Church of Divine Mercy, Sungai Ara	10.00 am – 11.30 am 8.00 pm – 10.00 pm
20 March 2024 (Wed)	City Parish Church of Our Lady of Sorrows, Macalister Road	10.00 am – 11.30 am 8.00 pm – 10.00 pm
21 March 2024 (Thu)	Church of the Immaculate Conception, Pulau Tikus	10.00 am – 11.30 am 8.00 pm – 10.00 pm

**17. PDYN LEADERSHIP RETREAT | APRIL, AUGUST & DECEMBER 2024**

Penang Diocesan Youth Network (PDYN) is organising a PDYN Leadership Retreat on the following dates:

- **April:** 9<sup>th</sup> - 12<sup>th</sup> 2024 – Cathedral of the Holy Spirit, Penang
- **August:** 5<sup>th</sup> - 8<sup>th</sup> 2024 – Church of Christ the King, Sungai Petani
- **December:** 2<sup>nd</sup> - 5<sup>th</sup> 2024 – Church of Saint Anthony, Teluk Intan

Objective: *To nurture and equip the young people to be the 'Now of God'*

These leadership retreats are for the parish youths & campus students ages 18 to 29 years old. For more details, please refer to the poster. You can register for any one of the retreats via this Google Form link: <https://bit.ly/PDYNLR2024> or scan the Qr Code on the poster. Each retreat can accommodate 100 participants only. Contact us for further queries: 012-346 4416 (PDYN Office). The closing date for the April Leadership Retreat is on 19th March 2024 (Tuesday).

**18. CHARIS PENINSULAR MALAYSIA: ARISE YOUTH DAY | 30 MAY - 1 JUNE 2024**

Young People, ARISE and shine! Let's rejoice in Christ with this unforgettable gathering presented by CHARIS Peninsular Malaysia - Catholic Charismatic Renewal.

ARISE YOUTH DAY 30th May - 1st June 2024

Minor Basilica of St. Anne, Bukit Mertajam, Penang, Malaysia

Prepare for an inspiring journey featuring Fr. Rob Galea as our keynote speaker, known for his dynamic sermons and soul-stirring music ministry. Register Now via [bit.ly/ARISEYouthDay](http://bit.ly/ARISEYouthDay)!

"Young Man, I Say To You, ARISE!" Luke 7:14

**Lenten Companion**  
Walking with Jesus to Jerusalem  
Inviting all to a transformational Lenten Season that will help you experience the radical love of Christ for his bride, the Church!

Location: Blessed Sacrament Chapel  
When: Each weekend after Sunset & Sunday Morning (10:30am) Mass

14 FEB "DETERMINED" ASH WEDNESDAY	03 MAR "LISTEN" THIRD WEEK	24 MAR "FAITHFUL" HOLY WEEK
18 FEB "TRANSFORMED" FIRST WEEK	10 MAR "COMMIT" FOURTH WEEK	31 MAR "REMEMBER" EASTER SUNDAY
25 FEB "MERCY" SECOND WEEK	17 MAR "UNWAVERING" FIFTH WEEK	

LENT @ CHS

**Love Squad**  
40 days Lenten Gospel Reflection

**Who are the Love Squad?**  
The Love Squad are students who are preparing to receive their Sacrament of Confirmation. This year, there are 37 students in the Love Squad.

**40 Days Lenten Gospel Reflection**  
As part of their Lenten journey, they will be sharing their reflections from the Gospel reading.

**Come and be part of their Lenten journey!**  
Reflections will be available on CHS Social Media platform -

Facebook: CHSPenang  
Instagram: chspenang

HAVEN YOUTH MINISTRY  
**SEDER MEAL**

Date: March 16, 2024 (Saturday)  
Time: 07:30pm - 10:30pm (after mass)  
Venue: St. Luke  
Price: RM15/pax (for Kids & Teens),  
RM20/pax (for Adults)  
- immediate family of >5 per family will get discount

Contact Persons  
Adrian Oyog (Advisor): 016-495 7256  
David Chan (Advisor): 012-452 5839  
Julio Geronimo (Advisor): 016-433 9445  
Adele Yeoh (HYM Coordinator): 010-385 2826

register now !!

**Freedom in Christ**

Speaker: Regina Xavier  
19 March, 9.45am  
St Mark Classroom

Enquiries: WhatsApp  
Ann Neoh 016 4786058

**soap MOULDING**  
For the Prisons - Soap Moulding Session:

17 March, Sat  
9.30am – 1.00pm  
St Paul LOC  
Multi Purpose Hall

Enquiries:  
Lilian 016 5571964  
Prison Ministry

With RM10.00, you can bless an inmate with an Easter Lunch.

Enquiries  
Chan Lilian  
0165571964  
Prison Ministry

**YOUTH MASS NIGHT OF PRAYER**  
青年弥撒 祈祷之夜

23.03.2024 06:00PM - 10:30PM

**ITINERARY 日程**

06:00PM	Mass (Palm Sunday)   弥撒 (圣枝主日)	Church   圣堂
07:30PM	Dinner   晚餐	Cafe   食堂
08:30PM	Night Of Prayer   祈祷之夜	Church   圣堂
10:30PM	End   结束	Church   圣堂

We are providing dinner for all youth attendees participating in the Night Of Prayer. Please do register via QR Code (Google Forms) below to secure your meal!

我们将为所有参加 "祈祷之夜" 的青年人提供晚餐。请扫描以下的 QR Code 登记, 以预定您的晚餐!



**DONATE**  
to families in need

Sharing  
**Hope**

Your small donation can impact many lives.  
You can place your donation items in the  
basket outside the church office.

**Wishlist**

Milk Powder  
Chocolate Malt  
Coffee

Curry powder  
Canned food  
Laundry detergent

Biscuits  
Flour  
Noodles



**BLOOD DONATION AND  
MOBILE DENTAL CHECK**

**6 APRIL (SAT), 9AM TO 3PM**

DEWAN HOLY SPIRIT  
CATHEDRAL OF THE HOLY SPIRIT  
NO. 1, TINGKAT BESI SATU,  
ISLAND PARK, 11600 PENANG



Make dental  
health your  
priority



One pint  
of blood  
saves  
three lives



For further information, please contact  
Julia 017-343 6331 : June 017-866 2483

**CALLING ALL ELIGIBLE  
BLOOD DONORS**

**Eligibility to Donate Blood:**

- Age between 17 – 65 for regular donors  
17 – 60 for new donors  
(Individuals age 17 years are required to bring  
written consent from parents or guardian)
- Body weight above 45 kg
- In good physical and mental health with no  
chronic medical illness
- Not on long term medications
- Had enough sleep (more than 5 hours) the  
night prior to donation
- Had taken a meal prior to donation

\*\*Note: Kindly bring along your:  
- Identity Card  
- blood donor card (regular donors)



**Caritas** MALAYSIA | DIOCESE OF  
PENANG

**PDYN LEADERSHIP  
RETREAT 2024**

Penang Diocesan  
Youth Network

Scan to  
register

**OBJECTIVE**  
TO NURTURE  
AND EQUIP THE  
YOUNG PEOPLE  
TO BE THE  
"NOW OF  
GOD"

**TARGET AUDIENCE**  
CAMPUS STUDENTS & YOUNG ADULTS  
18 - 29 YEARS OLD

\*Limited to 100 participants per camp  
\*Registration fee: (T-shirt & Kit included) **RM 70**

For further enquiries, contact us:  
PDYNPENANG | 012-346 4416 (PENANG DIOCESAN YOUTH NETWORK)

<b>CATHEDRAL OF THE HOLY SPIRIT, PENANG</b> 9 - 12 April	<b>CHURCH OF CHRIST THE KING, SUNGAI PETANI</b> 5 - 8 August	<b>CHURCH OF ST. ANTHONY, TELUK INTAN</b> 2 - 5 December
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**REGISTRATION : 3.00 PM**

CHARIS PENINSULAR MALAYSIA  
CATHOLIC CHARISMATIC RENEWAL

# ARISE

YOUTH DAY

30 May - 1 June 2024  
Minor Basilica of St. Anne  
Penang, Malaysia



FR. ROB GALEA

CATHOLIC PRIEST | AUTHOR | RECORDING ARTIST



H. E. CARDINAL  
SEBASTIAN FRANCIS

EPISCOPAL ADVISOR OF CPMSC



REGISTER HERE  
[bit.ly/ARISEYouthDay](https://bit.ly/ARISEYouthDay)



@ariseyouthday



[caritaspenang.com/lent2024](https://caritaspenang.com/lent2024)

TOGETHER WE REBUILD  
OUR CHURCH,  
COMMUNITY  
AND COMMON HOME



DONATE  
Penang Diocesan Lenten Campaign  
RHB Bank Account  
2070 82 000 383 87



Caritas MALAYSIA DIOCESE OF PENANG

谢谢

நன்றி

TERIMA KASIH

THANK YOU FOR YOUR  
LENT CONTRIBUTION.

LENTEN 2024

[caritaspenang.com/lent2024](https://caritaspenang.com/lent2024)